

ARM CIRCLE

This movement facilitates the relationship between the movement of the arm/shoulder and the entire torso.

BEGIN

- Lying on your left side, knees bent to 90 degrees, arms extended on floor in front of chest at shoulder level, hands together as if praying.
- From this position imagine you are slowly drawing a circle around yourself on the floor with the fingers of your right hand. Make the circle a comfortable size (avoid over-reaching), windmilling your arm over your head and across your body.
- Imagine a small, delicate bird sits on your right shoulder and you must keep a space open in that region so as to not crush the bird. This image will prevent you from restricting the movement to your shoulder instead of connecting through the entire upper body. This change will allow you to feel the movement organize from a different place (lower in your back).
- Let your chest soften as your fingers trace along the floor and across your lower body. Allow your body to accommodate.
- Return to where you started.
- Repeat this phase a few times making sure your elbow is soft, not locked.
- Notice that there are many subtle relationship changes between the joints of the elbow and wrist and hand as you cycle around the circle.
- Notice also that not only is there graduated change at the shoulder but the whole upper body graduates a rotation against the lower body.
- This simple movement sets up a pattern we can return to over and over in daily life. Many repetitive motion injuries in the upper body are derived from moving the shoulders, arms, and hands in ways that are not supported by the whole structure. This movement reminds the whole structure to engage and move which allows injuries to re-pattern and heal.
- Reverse the circle.
- Repeat the entire sequence lying on your right side.